Good News For Homemakers

'What can I do to help my child succeed in school?'

By SHIRLEY W. WALTON
Extension Agent

What Can I Do to Help My Child Succeed in School?

Parents frequently ask what they can do to help their children succeed in school. All too often, many parents assume that a child's education starts and ends during the period of time that he is in the classroom. This is really a mistaken idea because the first three years of a child's life are the most important. There are things that parents do daily that can help the teachers provide a better opportunity for their children.

The first acts of learning have taken place between a child and his parents, not between a child and his teacher. A child learns to walk, express his thoughts, to share things with others and to listen. He learns to yell at others or he learns to speak courteously whenever he wants something. He learns to love or hate. He learns to be grateful for his food, clothing and toys, or he learns to gripe and complain about being deprived. So you see, a child's very first acts of learning have taken place in the home.

There are things that parents can continue to do as their child enters school to help him. There are four questions I wish to ask you, as parents, to think about carefully:

1. Does my child know that I love him? Do you tell your child daily that you love him? Do you help him feel good about himself or herself daily? Never send a child off to school feeling sad, upset or rejected by you.

2. Do I give my child personal attention each day? One sure way to warm a youngster's heart and to send him off to school with a good attitude is to assure him that mom and dad care about him and the things he does in school. Some children seldom experience the opportunity to sit down with a parent and just talk about school, or read a story or have a story read to them. Take some time to give your child some special attention. Time is something all of us have the same amount of and it really doesn't cost a great deal for us to sit down and share thoughts, a story or just a fun game with their children.

3. Am I teaching my children to have a sense of responsibility? Parents often have difficulty drawing the line that distinguishes between what a child should decide for himself and what parents should decide for him. Consequently, more than a few children enroll in school with a very limited concept of personal responsibility. There are several things that parents ought to decide for their children. They ought not be afraid that their children will rebel against them or dislike them. Later on, you need to let your child learn to make decisions by giving them several good alternatives so whichever way they go, they will not have made a mistake. This helps the child feel responsibile and learn to make responsible decisions.

4. Am I really aware of what my children learn in school? Do you take the time to follow-up with your children on what homework they may have and help them? Get your child to tell you about what they did in school and what they have learned. There may be things that you do not understand, such as their first drawings or maybe some of their first writing exercises, but get them to tell you about it. One of my favorite questions has always been, "Well, tell me about it." You'd be surprised what is loaded on that piece of paper that a small child can express. This also helps the child learn to communicate by expressing their ideas and, at the same time, they can become creative and learn to use their imagination.

I'd like to share seven points made by an elementary principal that are suggestions for parents to to daily. They are:

1. Assure your children that you love them.

2. Provide them with opportunities to talk with you about things in general or about activities in school and, in particular, about lessons, books and projects.

3. Take time to read to younger children each evening before bedtime.

4. Help children to stick to some type of daily schedule or routine for homework, television watching, home responsibilities, bedtime (and later on dates during teen-age years.)

5. Make sure children get plenty of rest each night. At last eight hours of rest is needed daily for healthy bodies and minds.

6. Be an example of the type of personality that you desire for your children.

7. Provide an opportunity for your children to develop during their growing years so that they feel that mom and dad are special people and real friends.

As your child begins a new school year or goes to school for the first time this year, I wish each of you the best of everything. If we can ever help you with any child development materials or a homemaking question or problem at the Appomattox County Extension Office, you may call 352-8244 or write P.O. Box 488, Appomattox, VA 24522.

Have a good week!

RECIPE OF THE WEEK

Green Pepper Jelly

2 cups ground green peppers
1½ cups vinegar
6 to 7 cups sugar
1 bottle liquid pectin
Few drops green food coloring if desired

Boil the green peppers, vinegar and sugar together for 6 minutes. Add liquid pectin and boil 3 additional minutes. Remove from heat and add color (if desired) and pour into sterilized jelly jars; seal.

Many thanks to Pat Trimyer for sharing this delicious recipe with us. Pat used to live in the Pamplin community when she and her husband served the Elon Baptist Church.

This recipe is being run again this year because of many requests for Pat Trimyer's delicious Green Pepper Jelly."

TOP 4-H FASHION REVUE winners in the intermediate division shown with Mrs. Margaret Glover, chairman of the Farm Bureau Women's Committee are (from left) Beth Marston, first place; Latrese Lee, second place; and Katrina Archer, third place.

TOP 4-H FASHION REVUE winners in the junior division shown with Mrs. Margaret Glover, chairman of the Farm Bureau Women's Committee, are (from left) Ginny Sweet, first place; Tracy Guthrie, second place; and Latisha Wooten, third place.

TOP 4-H FASHION REVUE winners in the senior division shown with Mrs. Margaret Glover, chairman of the Farm Bureau Women's Committee are (from left) Cheryl Wooten, first place; Jennifer Coleman, second place; and Jo Anna Layne, third place.

Fleshman honored

W. Rayford Fleshman has been declared the leading agent in the Roanoke District for Pilot Life Insurance Company's 80th anniversary campaign.

Fleshman is the Appomattox representative for the Home Services Division of Pilot Life.

Local 4-H Fashion Revue winners noted

By OCIE M. MACK
Extension Agent

The County 4-H Fashion Revue, sponsored by the Farm Bureau Women's Committee, was held at the Appomattox County High School Cafeteria at 7 p.m. on August 16, 1983.

Senior 4-H'ers Jennifer Coleman and Annette Turner, Mistress of Ceremony, welcomed the audience of approximately 100 individuals. Thirty-four 4-H'ers entertained with a parade of fashions which included a variety of colorful outfits that were constructed by the 4-H'ers themselves. Items constructed were dresses, blouses, vests, skirts, jumpers, slacks, culottes, knickers, jumpsuits, shorts, a pocket book cover and an apron.

Other entertainment for the evening was presented by Blue Ribbon 4-H Share-the-Fun winners Shana Harvey and Mike McCoy.

Each 4-H Fashion Revue participant received a blue or red award and the top three winners in each division received a purple, lavender or light blue rosette. Mrs. Margaret Glover, representing the Farm Bureau's Women's Committee, presented awards to the following:

JUNIOR DIVISION [Ages 9-11]

Blue Awards - Cheryl R. Jennings, Garrett Price Lee, Kristen McDonald, Ginny Sweet, Cindy Weaver, Cynthia Wooldridge, Latisha Wooten, Dana Campbell, Sherry Hackney, Tracy Guthrie.

Red Awards - Jennifer Alvis, Heather Bryan, Charlene Davis, Crystal E. Jennings, Sharon Watkins.

Rossette Winners - First place purple - Ginny Sweet; Second place lavender - Tracy Guthrie; Third place light blue - Latisha Wooten.

INTERMEDIATE DIVISION [Ages 12-13]

Blue Awards - Katrina Archer, Kim Krantz, Latrese Lee and Beth Marston.

Red Awards - Gina Ann Cestaro, Tonya Haskins, Walteice Lee, Jennifer Martin, Wendy McClenny and April Hackney.

Rossette Winners - First place purple - Beth Marston; Second place lavender - Latrese Lee; Third place - Light Blue - Kathrina Archer.

SENIOR DIVISION [Ages 14-19]

Blue Awards - Kathy Bryan, Jennifer Coleman, Nancy Haskins, Ada Hunter, Adream Pannell, Karen Trent, Annette Turner, Cheryl Wooten, Jo Anna Layne.

Rossette Winners - First place purple - Cheryl Wooten; Second place lavender - Jennifer Coleman; Third place - light blue - Jo Anna Layne.

First place winners in each of the divisions are eligible to compete in the Area and District Fashion Revue Contests in the spring of 1984.

5.50 reg. 6.99 CAMPUS PREP BAG

campus classics
LADIES and GIRLS

8.90 Reg. 13.95 LADIES 5-10 Brown

7.90 GIRLS 9-4 INFANTS 5-8

3.90 reg. 4.99 LADIES 5-10 GIRLS 12½-3 White canvas

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SAT. 10-7
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American Federal is sponsoring this special offer as a way for you to get to know us better! We hope you will.

Portraits will be taken by photographer Allen Austin September 6th-9th between 5 and 9 p.m. at our Triangle Plaza branch office.

Call us today at 352-7168*to arrange a time most convenient for you. And let American Federal put a smile on your face!

LOOK WHAT'S COMING

A SPECIAL SHOWING OF
TURA FASHION EYEWEAR
You are invited to visit our office for a personal demonstration of fashion eyewear from TURA of New York, presented by GLENNA CALLAHAM fashion eyewear consultant.
Friday, September 9, 1983
10 a.m. - 4 p.m.
Glenna will show you how to co-ordinate fashion eyewear to match your wardrobe and your individual needs.
DR. VIGO H. NIELSEN
OPTOMETRIST
6 Main St. — Appomattox PHONE 352-5474
If No Answer, call Brookneal 376-3878

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720 CONFEDERATE BOULEVARD
•QUANTITY RIGHTS RESERVED •WE ARE NOT RESPONSIBLE FOR TYPO. ERRORS. •PRICES GOOD: SEPT. 5-10, 1983.

Labor Day SPECIALS

20¢ OFF LABEL...DISH LIQUID SUN LIGHT 22oz. BOT. 89¢
KRAFT MAC & CHEESE DINNER 3 7¼oz. PKGS. $1.00
ALPO BEEF CHUNKS DOG FOOD 3 14oz. CANS $1.00
ASST....PILLSBURY CAKE MIXES 16½oz. PKG. 59¢
PILLSBURY READY-TO-SPREAD FROSTING Supreme 16½oz. CAN 79¢
WHITE HOUSE REG. or NATURAL APPLE SAUCE 25oz. JAR 49¢
3 VARS. TOOTHPASTE CREST 3 PK. 6.4oz. TUBES $2.99
HEINZ SWEET, HOT DOG, H'BURGER RELISH 10oz. JAR 59¢
RICHFOOD NAPKINS PKG. 140's 69¢

FRESH! GROUND BEEF 3 lbs. or MORE lb. 97¢

MR. PIBB, TAB, MELLO YELLO or REG. or DIET CAFFEINE-FREE or COCA-COLA (PLUS DEP.) 8/PT. BOTS. $1.19

BEALE'S COUNTRY HAM WHOLE lb. $1.39

RICHFOOD...MEAT FRANKS 1-lb. PKG. 79¢

KRAFT BARBECUE SAUCE ALL FLAVS. 18oz. BOT. 69¢

•SMUCKER'S GRAPE JELLY 2-lb. JAR 99¢
•CHINET DINNER PLATES 15 Ct. PKG. $1.29
•CHINET LUNCHEON PLATES 40 Ct. PKG. $1.99
•RICHFOOD 9oz. CUPS 90 Ct. PKG. $1.39
•MOORE'S POTATO CHIPS REG. $1.09 7oz. BAG 79¢
(REG., BBQ, RIPPLE, HOT, GREEN ONION, NO SALT, SOUR CREAM & ONION)

DIET PEPSI, PEPSI-FREE, MOUNTAIN DEW or PEPSI-COLA (PLUS DEP.) 8/PT. BOTS. $1.29

BUITONI 6 JUMBO MANICOTTI

BUITONI JUMBO MANICOTTI WITH CHEESE 19oz. PKG. $1.39

SAVE ON... RICHFOOD MAYONNAISE QT. JAR 89¢

10-14 lbs. GRADE 'A' TURKEYS lb. 69¢
BONELESS CHUCK ROAST lb. $1.39
JAMESTOWN SLICED BACON 1-lb. PKG. $1.29
TENDER SLICED BEEF LIVER lb. 69¢
PERDUE OVEN STUFFER ROASTER lb. 79¢
PERDUE CORNISH HENS lb. $1.09
RICHFOOD CHICKEN FRANKS 1-lb. PKG. 69¢
VARS. RICHFOOD LUNCH MEATS 6oz. PKG. 89¢
ESSKAY COOKED HAM 6oz. PKG. $1.29
HOLLY FARMS SPLIT BREASTS lb. $1.09
FRESH...POTATO SALAD or COLESLAW lb. 69¢
HOLLY FARMS PICK of the CHIX lb. 89¢

Back-to-School SPECIALS...
2 VARS. PETER PAN PEANUT BUTTER 18oz. JAR $1.19
FRANCO-AMERICAN SPAGHETTI-O'S 3 14¾oz. CANS $1.00

SUNKIST, SUGAR-FREE DR. PEPPER or DR. PEPPER + DEP. 8/PT. BOTS. $1.29
DIET RITE, RC 100 or RC COLA + DEP. 8/PT. BOTS. $1.19
DEL MONTE Tomato CATSUP QT. BOT. 99¢
SAVE ON... DETERGENT TIDE 49oz. PKG. $1.69
REG. or DIET...TRIPLE ORANGE, GINGERALE or COLA 2 2 LITER BOTS. $1.00
PILLSBURY PLAIN or SELF-RISING FLOUR 5-lb. BAG 79¢
WHITE HOUSE Apple JUICE 48oz. BOT. 79¢
SAVE ON... RICHFOOD CHARCOAL 10-lb. BAG $1.59

GORTON'S FISH STICKS 2-lb. PKG. $2.69
4 VARS. MORTON'S Family MEALS 2-lb. PKG. $1.39
LARGE BAG ICE CUBES EA. 79¢
OLD SOUTH 100% PURE ORANGE JUICE 64oz. CTN. 99¢
CITRUS BEVERAGE FIVE ALIVE 12oz. CAN 79¢
LAND O LAKES POUR-A-QUICHE 26oz. PKG. $2.49
MOM & POP SALS. & EGG BISCUITS CHICKEN-42.39 PKG. 4's $2.89
GREEN GIANT LASAGNA 21oz. PKG. $1.99
MOUNTAIN MAN Buttermilk BISCUITS 5 BOX BAKE $1.00
SARGENTO SHREDDED N.Y. CHEDDAR SHARP CHEESE 8oz. PKG. $1.09
CHEESE FOR PIZZA...SARGENTO MOZZARELLA SLICED 10oz. PKG. $1.89
HARVEST MOON MED. BLOCK CHEESE 8oz. PKG. $1.19

•All Purpose YELLOW ONIONS 3-lb. BAG 89¢
•JUICY FREESTONE PEACHES lb. 39¢
•FRESH...JUICY LIMES 10 FOR 79¢
•JUICY McINTOSH APPLES 3-lb. BAG 99¢
•CRISP...CRUNCHY CARROTS 3 1-lb. BAGS 99¢
•LIL' HUG FRUIT DRINKS 10 6oz. BOTS. $1.00
PARKAY QUARTERS-MARGARINE 1 LB. PKGS. 2 FOR 89¢

Back To School Specials—
Little Debbie SNACK CAKES Oatmeal, Raisin Creme, Star Crunch 12 PK 89¢

MINUTE MAID ORANGE JUICE 6oz. CAN 2 FOR $1.00

U.S. NO. 1 All Purpose POTATOES 10-lb. BAG $1.49

TENDER...SWEET YELLOW CORN DOZ. $1.39